THE ROLE AND IMPORTANCE OF PROTEINS IN THE PROCESS OF RECOVERY IN THE SPORT WRESTLING

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ABSTRACT

This article discusses today's most important tasks — preparing athletes both mentally and physically for international competitions. This article discusses the beneficial biological elements that are necessary for athletes and where they come from. Also reviewed various examples of training of various athletes.

Keywords: International competitions, sport planning, athlete, fatigue process, proteins, amino acids, haemoglobin

1. INTRODUCTION

The most important task of the current day is preparing athletes both mentally and physically for international competitions. Delivering and upbringing Uzbekistan Republic's athletes is the technological style and complex of the task. Coaches and physical trainers will be appointed with the necessary organizational and important tasks. The role and importance of proteins in the process of recovery in the sport wrestling.

The course of development of the learning process is determined by the optimal variant of its microprocessor. This is related to the exercise of exercise tasks, exercises, training and rest days, the necessary changes in baggage routes, and more.

2. MAIN PART

Sport planning is a preview of the conditions, tools, and methodologies to address the challenges of this sporting preparation, the sporting results that the athlete must master. Athlete training planning is the determination of key performance indicators and their timing based on the analysis of the characteristics of athletes (or athletes). Successful training of athletes requires two key conditions: first, the size and severity of the loading (the loading results in modern sports are near the limit of biological norms); Secondly, the equality of the workout parameters and skill level (in the world of leading athletes). It is therefore of primary importance that optimizing the training structure and creating optimal training programs.

In order to manage the load, you need to maintain the optimum size and intensity. The problem of load optimization is largely due to the direct and indirect controlling of its physical dimension. One of the major challenges facing the fight is to increase the ability of athletes to work.

This is due to the fact that athletes from leading world sports are at least 3-4 times a day carrying out sports activities and increasing the scope and intensity of sports, as well as the increase in the number of sports competitions. Therefore, it is necessary to accelerate the process of training and improve the sporting ability of the highly skilled athlete large and regular use of tools should be taken into account. After a hiatus, a tiring fatigue is determined by the fact that after a certain period of time, the body is drawn on the basis of special procedures. One of the most complex cases of physical and mental (spiritual) loading, related to the sport, is the fatigue. Tiredness is a physiological process, a mental or physical impairment, and a process that lasts after short periods of time. Excessive fatigue is a condition that occurs when the fatigue process is progressing, when it is involved in non-recovery activities, and develops in pathological conditions that develop when the tendrils are broken. Strong physical tension can result in severe changes in the inner environment of the body, acidity of the bloodstream, reduced energy resources, thermoregulation disorders, cardiovascular and respiratory tract disorders. Therefore, it is determined by the identification of the loading process and the identification of the load handler. A detailed explanation of the recovery process before defining the load is understood to mean that the physiological state of the organism is changed to its

previous or near homeostasis (internal preservation) condition. Sportsmen use a wide range of sports medicine to restore the body's ability to work. First of all, it includes special nutrition, ergotis diet and vitamins. Medical equipment helps to improve physical fitness. As a result, fatigue disappears, increases the working ability, and facilitates the adaptation of the body to the subsequent load. It is known that after the training only the organism's consumed resources, as well as its physiological functions, are restored, but also important functional structures will be reconstructed. During the workouts and competitions, eating is crucial to improving the work ability of athletes, speeding up the recovery process and preventing fatigue. Growth and development through metabolism, stability of morphological changes and functional levels of biological systems are ensured. For rapid recovery of calculi, calorie intake should be increased by 5 to 10%, and the fluid should be increased to 0.5-1 liters compared to the standard values. At the time of recovery, great importance is attached to the consumption of protein and nutrients. Amino acids included in ingredients, glutamine (milk protein), lipoproteins (milk, liver, beef and choline), liver, lung, liver, liver, liver, egg yolks and peas. It is recommended to eat 3-4 times a day (after 1.5-2 hours of workouts and competitions). Vitamins also have a special place in recovery problems. Vitamins may cause large discharges. In modern sport, complex vitamin preparations are used. In addition, complex drugs (carbohydrates menstrual salts, micronutrients, vitamins and aggregates) are widely used. Our muscles are made up of proteins. Proteins provide immune function, nerve impulses, cell growth, development, and recovery. Moreover, he nourishes the abdomen well. In general, it cannot be lived without them. Proteins are biological polymers synthesized in living organism cells. The protein is a living product of a living organism, which enables it to live, to develop, to produce, and to create a like-minded generation. All protein molecules are composed of carbon, hydrogen, nitrogen, oxygen and a small amount of sulfur. The chains in the chain of protein molecules consist of amino acids. Cells constitute more than 50% of the body's dry weight. The importance of protein in the organism's life-work is remarkable. A large group of proteins, called structural proteins, takes part in the formation of the various structures of the organism. Cells and their inner structures - organelles, as well as nervous poles, are composed of separate insoluble proteins that form complex substances with polysaccharides and oils.

3. THE FIBROUS OUTFLOW OF THE BLOOD VESSELS

The skin, the liver, the lungs, the liver and the bone will be the collagen protein. Keratin is the main component of the number of nail structures. The hormone protein regulates all the vital processes, growth and reproduction of the organism and separate light-sensitive protein - rhodopsin reflects images of objects on the retina screen. Because of the shortening of the muscle in the muscle, the myosin and actin are shortened and written. Because of this protein, all living things have the ability to move. Enzymes make up an important and diverse group of proteins. All the chemical processes in the body take place with the participation of enzymes. Food digestion, oxygen absorption, metabolism, exchange of metabolic products, and excretion from the body, energy absorption, blood clotting and other enzymes do not occur. Some protein groups act as a carrier. For example, haemoglobin in the erythrocyte transmits oxygen from the lungs to various tissues of the body and causes carbon dioxide produced in the tissue to lungs, leaving it breathing out of the lungs. Protein also functions as an organism. Antibodies - immunoglobulin proteins are produced in the body when the blood comes out of the bacteria causing the disease or the products that endanger the organism's activity. They participate in neutralizing toxic proteins that are alien to the body or products of activity of disease-causing microorganisms. Blood clotting is also an example of protein deficiency. Fibringen protein dissolves in blood plasma. It is colorless and invisible. However, fibringen is rapidly polymerized in the affected area of the bloodstream, turning into a white fibrous strand and climbing, leaving the injured area covered with cotton. It contains the same amino acids that are watersoluble, chemically inert proteins, bound to a water-soluble, biologically active, poisonous protein leaf. The presence of about 20 amino acids in the nucleus (proteins made of amino acids) in the nucleus gives them an opportunity to unlimitedly change their chains in a particular sequence. The structure of the amino acids that are specific to the protein of the polytetecting chain of proteins is almost identical or close together but the properties of the two proteins, which are different from the amino acid residues, vary widely from biological point of view, not chemically. Replacement of the only amino acid residue in the chain of amino acids of the protein molecule causes a significant change in the protein properties of the protein.

The number of amino acids found in the protein is not less than 100. They form the polypeptide chain of the protein molecule, i.e. the stable primary structure, sequentially in the protein structure. Due to the interconnection of the various parts of the long polypeptide chain formed from a large number of amino acids, high organizational forms of protein molecules - secondary, tertiary and quaternary structures. The appearance of protein in living organisms is a complex process involving nucleic acids and a large number of specific enzymes. The shape of the protein varies with the texture and individual characteristics. Any protein entails the production of antibodies when administered to human organisms, i.e., proteins possess the property of antigen. When a foreign liver enters the body, it causes an allergic reaction. Incorporated proteins and polypeptides are absorbed in the intestine and penetrate into the bloodstream and have an effect on the body's allergies.

4. DIGESTION AND ABSORPTION OF PROTEINS

Protein is the main ingredient in the diet. Protein entering the gastrointestinal tract is eaten by the enzymes in the digestive tract. The protein in the food breaks down to the amino acid and passes through the bloodstream. Thus, proteins in food lose their original appearance, from which amino acids are formed to the body itself - structurally, fermented, etc. It produces protein. The breakdown of some proteins on the gastrointestinal tract can cause severe illness. The lack of adequate nutrition of the protein to the body, poor digestion and poor absorption of protein (strong intestinal dysfunction, dyspepsia, dysentery, chillaxing, digestive tract function) is a very intense exchange of protein in the body, and, therefore, the need for stress in physiological conditions and other diseases such as bone fracture, surgical operations, infectious diseases, and so on, in various diseases such as nephrosis, blood loss, protein exudates and transplants, the synthesis of protein synthesis in the tissues, serum in the serum, and the disappearance of the intestinal epithelium of a series of diseases (gastritis, ulcerative colitis, ileitis, etc.) Transmission to the protein causes the body's tissue to break down and break down the nitrogen balance. Initially, hypoproteinemia occurs when the serum protein content decreases. Hypoproteinemia causes fluid to pass from the blood to the tissues and the formation of edema. After blood, the amount of protein in the liver, muscle and skin decreases, and ultimately the heart muscle and brain begins to contract. Infringement of the function of the central nervous system has a significant effect on the protein exchange. The decay of the protein is accelerated, and the new harvest slows down. This causes atrophy, dystrophy and other defects. Hormones have a special role in protein exchange. Hormone thyroid hormones increase the protein breakdown in the body and accelerate the formation. The formation and synthesis of proteins is accelerated by the growth hormone produced by the pituitary gland. This will increase the amount of protein and promote the growth of the body. Special nutritional supplements will be introduced in the exercise of the strongest training, especially in the course of 2-3 times more exercises, at accelerating the recovery process. Athletes are used to maintain a good working ability, after heavy loads, acute and chronic fatigue, very fatigue, and poor health, in the modern sport, various pharmacological agents are used. More attention is paid to plant pharmacologic substances. In each situation, the trainer and the physician should unanimously decide on the acceptance of pharmacological agents.

Vitamins have a special place in restoring the athletes' ability to work. As you know, vitamin deficiency can lead to decreased functional abilities, fatigue and various illnesses. These pharmacological agents activate enzyme systems, promote immunity, improve oxygen uptake in the tissue, develop nerve and gumoral regulates, accelerate the excretion of metabolism waste from the body. The doctor only has the right to order medicines. It is prohibited to order them by trainers and to support athletes themselves. Children and adolescents should be especially conscious when administering drugs. Large physical loads also increase the consumption of energy by increasing the power and energy consumption, as the need for nutrients, and partly increase in oxygen and vitamins. The important role of plant proteins is in this need. The advantage of herbal proteins is that proteins in plants are much smaller than meat and dairy products. However, the structure of plant proteins consists of a set of essential amino acids, which can either partially or completely compensate the organism's need for proteins. The main purpose of transition to plant proteins is to avoid animal fibers who often try to get rid of excess weight. Vegetarians have fewer calories and less fat, so most people choose it. But for a long time only a lack of protein can be caused by eating vegetables. Therefore, eating vegetable proteins is a pledge of loss without causing any health effects. The herbal proteins are mainly derived from soybean, leguminous plants, nuts, cassava, fruits and vegetables. Soybean

is an inevitable leader among plants. Its 100 g seeds contain 36 g of proteins. The most commonly consumed people have been diagnosed with cancer, cardiovascular disease and osteoporosis. The protein and lentil cereals contain less protein. The fiber in the walnut is much higher than that of fat, but it also contains fat. Therefore, this walnut is not recommended for those who want to lose weight. Almond, pistachio, cassava and nuts are also an abundance of proteins. But they also contain a lot of fat. Another important source of herbaceous proteins is oats, wheat, corn and rice from the group of fruits. Fruits and vegetables are not necessarily the best source of proteins. But there are also leaders among them. For example, it is desirable to use fruits and vegetables such as spinach, broccoli, safflower, avocado, banana and cherries. At the same time, the Train Load Planning and Control Program must be seriously processed and the international personality MF's individual features and adaptability to the various dimensions of the body should be taken into account.

5. CONCLUSION

Planning a workshop is primarily a plan making for different periods. During these periods a set of interconnected objectives should be implemented. Separate occupations, training sessions, including micro cycles, make up more than a few micro cycles' associations that are part of a new, relatively independent learning process. Weight, size, severity, preparation means and methods of the injection will be changed depending on the time span, such as micro-miso and macro cycles. During the process, three periods: preparations, competitions and transition periods are organized. During the training sessions are focused on physical activity, physical attitudes, to develop techniques and tactics of fighting, and to gradually improve. During this period, it is necessary to create a solid foundation for successful performance of athletes in the upcoming competition. The main objectives of the preparatory period are to improve the functional capacity of the organism, to improve general physical fitness, to eliminate deficiencies in their implementation, to train the will and spiritual qualities. The main objective of the competition is to prepare and participate successfully in competitions.

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